

# CLASSES & RESOURCES IN THE COMMUNITY!

**\*\*ALL Veterans Welcome\*\*** *Specific locations and contact information on reverse side.*

MONDAY
<b>9:00-10:00</b>
<b>Guided Group Meditation</b>
The Healing Well
<b>10:15-11:15</b>
<b>Gentle Tai Chi</b>
The Healing Well
<b>12:00-1:00</b>
<b>Tai Chi</b>
Veterans Building Room 212
<b>1:00-2:00</b>
<b>Mindfulness and Meditation</b>
Main Library 5th Floor Learning Studio

TUESDAY
<b>9:00-10:00</b>
<b>Guided Group Meditation</b>
The Healing Well
<b>10:15-11:15</b>
<b>Gentle Movement</b>
The Healing Well
<b>12:00-1:00</b>
<b>Yoga Meditation</b>
Veterans Building Room 212
<b>1:00-2:00</b>
<b>Basic Computer Skills Drop In Class</b>
Main Library 5th Floor Computer Training Center

WEDNESDAY
<b>9:00-10:00</b>
<b>Yoga Class</b>
The Healing Well
<b>12:00-1:00</b>
<b>Yoga with mats and chairs</b>
Veterans Building Room 212



THURSDAY AM
<b>9:00-10:00</b>
<b>Guided Group Meditation</b>
The Healing Well
<b>10:15-11:15</b>
<b>Gentle Tai Chi</b>
The Healing Well



THURSDAY PM
<b>12:00-1:00</b>
<b>Yoga Meditation</b>
Veterans Building Room 212
<b>12:30-1:30</b>
<b>Computer Basics Class</b>
Main Library 5th Floor Computer Training Center
<b>12:30-2:30</b>
<b>Write Now! Creative Writing Class</b>
The Healing Well
<b>1:30-2:30</b>
<b>1st Thurs. monthly Recovering Yourself through Video</b>
BAVC Digital Storytelling

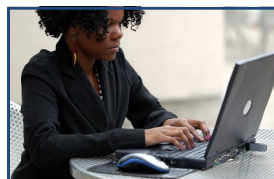
<b>1:30-2:30</b>
<b>2nd &amp; 4th Thurs.</b>
<b>Drumming for Change</b>
Veterans Building Room 202

<b>4:00-5:00</b>
<b>Digital Device Drop In</b>
Main Library 5th Floor Computer Training Center

<b>5:00-6:00</b>
<b>The Art of Dressing</b>
Veterans Building Room 212

<b>7:00-11:00</b>
<b>Veterans Tango</b>
Veterans Building Room 212

FRIDAY
<b>9:00-10:00</b>
<b>Yoga Class</b>
The Healing Well
<b>10:15-11:15</b>
<b>Story Telling</b>
The Healing Well
<b>11:00-12:00</b>
<b>Vet-to-Vet</b>
Veterans Building
<b>11:00-12:00, 12:00-1:00</b>
<b>Heroes Voices Guitar Corps (*registration required)</b>
Veterans Building Room 221
<b>12:00-1:00</b>
<b>Yoga with mats and chairs</b>
Veterans Building Room 212
<b>1:30-2:30</b>
<b>Self-Directed Art Lab (supplies provided)</b>
Veterans Building Room 213
<b>3:00-4:00</b>
<b>Photography Class</b>
Sixth on Seventh Gallery 105 7th Street



MONDAY TO FRIDAY	
<b>12:00-5:00 pm</b>	<b>1:00-5:00 pm</b>
<b>Veterans' Resource Center</b>	<b>AMVETS Success Center</b>
Benefits, Services, and Resources	Employment and Career
Info	Services
(No appointment needed)	(No appointment needed)
5th Floor Computer Training Ctr. Main Library	Veterans Building, 2nd Floor



SUNDAY
<b>7:00-11:00pm</b>
<b>Veterans Tango</b>
Veterans Building Room 212



## CLASSES & RESOURCES IN THE COMMUNITY: Locations & Contact Information

**\*\*ALL Veterans Welcome\*\***

### **VETERANS BUILDING**

**401 Van Ness Avenue** (Between McAllister & Grove St.)

- **AMVETS Success Center, 2nd Floor**, M-F 1:00-5:00pm
- **Drumming for Change, Self Directed Art Lab:**  
Contact Dan Evenhouse, (650) 615-6019
- **Troops for Fitness:**  
Contact Eddie Ramirez, (415) 244-7100  
[eduardo.ramirez415@gmail.com](mailto:eduardo.ramirez415@gmail.com)
- **Heroes Voices Guitar Corps:**  
Contact Richard Harrell, (415) 385-0596  
[r.harrell@heroesvoices.org](mailto:r.harrell@heroesvoices.org)

### **THE HEALING WELL**

**234 Hyde Street** (Between Turk & Eddy St.)

Contact (415) 500-2099  
[support@healingwellsf.org](mailto:support@healingwellsf.org)

#### ***Events Calendar:***

<http://bit.ly/1RaVr2b>

#### ***PRRC Community Events Calendar:***

<http://tinyurl.com/hf6b3he>

### **SAN FRANCISCO PUBLIC LIBRARY, Main Library**

**100 Larkin Street** (Between Fulton & Grove St.)

- **Veteran's Resource Center, 5th Floor, Computer Training Center:**  
M-F 12:00-5:00pm
- **Bridge at Main Learning Center:**  
Mon 10-6, Tues-Th 9am-8pm, Fri 12-6, Sat 10-6, Sun Closed  
Contact Brian Castagne, 5<sup>th</sup> floor, (415) 557-4388

### **BAY AREA VIDEO COALITION**

**2727 Mariposa Street** (Between Florida & Bryant St.)

### **SIXTH ON SEVENTH GALLERY**

**105 7th Street** (Between Mission & Minna St.)

Contact Dan Evenhouse, (650) 615-6019

### **GOLDEN GATE NATIONAL PARKS VOLUNTEERING**

Contact Yakuta Poonawalla, Community Programs Manager,  
(917) 689 8515, [yoonawalla@parksconservancy.org](mailto:yoonawalla@parksconservancy.org)

### **W.A.R.I.O.R. PROGRAM**

- 10AM-3PM Every first Friday. Free community shuttle from Ft. Miley VA to Golden Gate National Parks sites (hiking, meditation, nature, etc.). Meet in front of building 200. Call/email Mark Smith to register.  
Contact Mark Smith, (415) 221-4810 ext. 22387,  
[mark.smith2211e7@va.gov](mailto:mark.smith2211e7@va.gov)